

Strand 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Concept 1: Movement Concepts			
Grade K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identifies correct body planes	PO 1. Describe similarities and differences of a few fundamental skills	PO 1. Correctly identify and correct errors in personal performance when completing a physical skill based on knowledge of results	PO 1. Research and critique highly skilled performers or performances
PO 2. Identifies various body parts	PO 2. Describe correct form when performing physical fitness activities	PO 2. Correctly identify and perform similarities in athletic ready positions as used in at least four different sports or specialized physical activities	PO 2. Incorporate the principles of biomechanics and kinesiology to the personal fitness program
PO 3. Demonstrate corrections to movement errors in response to instructional feedback		PO 3. While observing advanced performers in a skill or sport activity, correctly evaluate basic aspects of performance	
PO 4. Repeat, perform and explain cue words (critical elements) of a variety of fundamental skills			

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Concept 2: Scientific Principles			
Grade K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Identify the effects that physical activity has on the body	PO 1. List physiological indicators of exercise	PO 1. Monitor and record personal physical activity levels	PO 1. Explain and apply the principles of training
PO 2. List and define the components of health-related fitness	PO 2. Identify and explain the importance of the following: warm-up, cool-down, FITT principle	PO 2. Identify & apply warm-up, cool-down, FITT principles in a physical activity program	PO 2. Compare and contrast personal physical activity levels to the national physical activity levels recommended for adolescents
PO 3. Demonstrate exercises that can improve each component of health-related fitness	PO 3. Identify examples of moderate and vigorous physical activity	3. Designs proper warm up and cool down techniques for a variety of physical activities	PO 3. Identify and explain how different physical activities contribute to specific health-related and/or skill-related physical fitness
PO 4. Define physical fitness	PO 4. List and define the components of health-related physical fitness	PO 4. Evaluate examples of moderate and vigorous physical activity	PO 4. Demonstrate knowledge of physiological changes that result from physical activity participation i.e., the heart, circulatory, respiratory and other systems as a result of active participation in sport

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PO 5. Identify warm-up and cool-down activities in relation to physical activities	PO 5. Demonstrate exercises that can improve each component of health-related fitness	PO 5. Analyze results from criterion referenced health-related fitness assessment	PO 5. Design a personal fitness program that 1) will lead to, or maintain, an acceptable level of health-related fitness and 2) is based on an understanding of training principles, individual skill levels and availability of resources. The plan will include: write program goals; design a program; follow the program; monitor and adjust program
PO 6. Recognize the relationship between physical activity and the activity pyramid	PO 6. Name and locate large muscle groups	PO 6. Develop beginning level plans aimed at developing/maintaining health enhancing behaviors	PO 6. Explain the difference between facts and myths related to physical activity
PO 7. Recognize that different types of exercise achieve different types of fitness	PO 7. Demonstrate ability to find heart rate	PO 7. Explain a stress relieving physical activity that is personally effective	PO 7. Identify and describe products that enhance or prohibit the levels of physical activity
PO 8. Explains that appropriate practice improves performance	PO 8. Explain how to balance food intake with physical activity		PO 8. Identify consumer issues related to selection, purchase, care and maintenance of personal fitness equipment
PO 9. Identify sun safe practices	PO 9. Explain how practice influences performances		PO 9. Identify strategies for prevention and/or care of injuries that occur during physical activity

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Concept 2: Scientific Principles			
Grade K - 2	Grade 3-5	Grade 6-8	Grade 9-12
	PO 10. Identify a stress relieving physical activity that is personally effective		
	PO 11. Analyze sun safe practices		

Concept 3: Strategies and Tactics			
Grade K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
PO 1. Move to the open space	PO 1. Explain a strategy for a game play	PO 1. Design appropriate practice procedures and plans aimed at developing/improving technical motor skills and movement patterns correctly	PO 1. Apply and evaluate appropriate practice procedures and plans aimed at developing/improving technical motor skills and movement patterns correctly
	PO 2. Identify a tactic that improves game performance	PO 2. Design a new game that incorporates at least two motor skills, rules, strategies, tactics, and can be played fairly by ALL students including those with disabilities	PO 2. Create and evaluate a new game that incorporates at least two motor skills, rules, strategies, tactics, and can be played fairly by ALL students including those with disabilities
	PO 3. Apply a tactic that improves game performance	PO 3. Demonstrate and explain at least two game tactics involved in modified game play	PO 3. Demonstrate and critique at least two game tactics involved in modified game play
			PO 4. Select examples of tactics used in a game that lead to successful play

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